

HEALTHYAGINGGROUP

Wednesday, October 7, 2020: 3 of 5



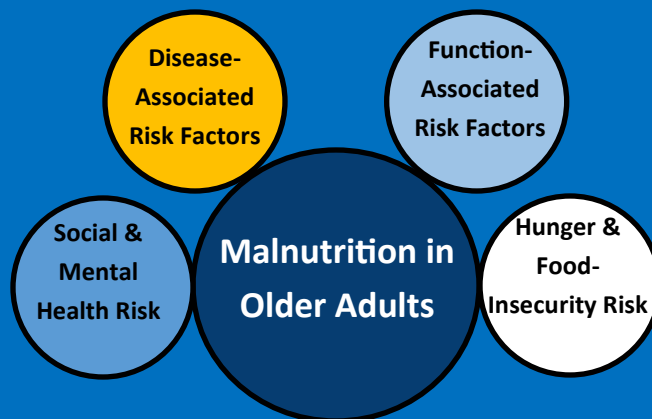
South Carolina
**DEPARTMENT
ON AGING**

SENIOR FOOD INSECURITY IN THE USA & SOUTH CAROLINA

Food insecurity rates of households are measured via a set of 18 questions in the Food Security Supplement (FSS), the module used by the United States Department of Agriculture (USDA).

- ⇒ **'Food Insecurity'**: three or more affirmative responses
- ⇒ **'Very Low Food Security'**: eight or more affirmative responses in households with children; six or more in households without
- ⇒ **2018: Nationwide**– 7.3% of seniors are **'Food Insecure'**, 2.7% of seniors are **'Very Low Food Secure'**
- ⇒ **2018: South Carolina**– 8.6% of seniors are **'Food Insecure'**, 2.0% of seniors are **'Very Low Food Secure'**

<https://www.feedingamerica.org/research/>



An older adult can be at risk for and develop malnutrition due to multiple causes as seen in the diagram above. In community settings, food insecurity is a common risk factor. The COVID-19 pandemic has shone a light on this issue. Food insecurity includes disruptions in both the quality and quantity of food intake, generally due to financial constraints.

Inadequate access to food also compounds malnutrition for food-insecure adults who, "sometimes had enough money to purchase food but did not have the resources to access or prepare food due to a lack of transportation, functional limitations, or health problems."

The number of food insecure adults is projected to increase by 50% when the Baby Boom generation reaches age 60 in 2025.

National Blueprint: Achieving Quality Malnutrition Care for Older Adults

SUPPORT WITH SNAP!

More than 1 in 11 older adults struggles with food insecurity and face the threat of hunger. It has been reported that older adults near the poverty line and who live alone are more likely to have low or very low food security. Engagement of older adults in programs such as the USDA Supplemental Nutrition Assistance Program (SNAP) helps to close the gap. Unfortunately, many eligible seniors do not enroll in this important benefit: 3 out of 5 seniors who qualify for SNAP do not apply. **WHY?**– barriers to mobility, technology, and stigma as well as many are discouraged by widespread myths about how the program works and who can qualify.



SPECIAL ANNOUNCEMENT!!

NCOA's Walmart Senior SNAP Enrollment Initiative Grant

The SCDOA, in collaboration with the *Catawba* and *Trident* region, has been awarded grant funds to enhance access for qualifying low-income older adults through community-based outreach and enrollment initiatives.

Grant Goal: Submit 1,000 SNAP applications between October 1, 2020–April 30, 2022

Partner Organization: SC Thrive 
National Council on Aging